

Franklin County Farmers Market-September 11

These mid-September days teeter between summer and fall. The beans are still prolific in the garden, bees are buzzing loudly, and there are still melons and corn, and all the luxuries of summer. But the winter squash have ripened, and, in the morning, the row cover in the garden has taken on its ghostly fall appearance. The basil is beginning to show a tinge of bronze, and we don sweat shirts as we harvest into the evening.

So, in honor of the season, I have included a summer and a fall recipe this week. -Connie

Basil Pesto

From http://elise.com/recipes/archives/001329fresh_basil_pesto.php

Here is a simple recipe for basil pesto. Note that pesto is always made to taste, based on the ingredients at hand. So adjust the ingredients to your taste. Most pesto recipes call for Parmesan cheese, we often use Romano which has a stronger flavor. Most basil pesto recipes call for pine nuts but you can easily substitute walnuts.

If you want to freeze the pesto you make, omit the cheese (it doesn't freeze well). Line an ice cube tray with plastic wrap, and fill each pocket with the pesto. Freeze and then remove from the ice tray and store in a freezer bag. When you want to use, defrost and add in grated Parmesan or Romano.

Fresh Basil Pesto Recipe

INGREDIENTS

- 2 cups fresh basil leaves, packed
- 1/2 cup freshly grated Parmesan-Reggiano or Romano cheese
- 1/2 cup extra virgin olive oil
- 1/3 cup pine nuts or walnuts
- 3 medium sized garlic cloves, minced
- Salt and freshly ground black pepper to taste
- *Special equipment needed: A food processor ([Check Amazon.com's sale on Cuisinart food processors.](#))*

METHOD

1 Combine the basil in with the pine nuts, pulse a few times in a food processor. (If you are using walnuts instead of pine nuts and they are not already chopped, pulse them a few times first, before adding the basil.) Add the garlic, pulse a few times more.

2 Slowly add the olive oil in a constant stream while the food processor is on. Stop to scrape down the sides of the food processor with a rubber spatula. Add the grated cheese and pulse again until blended. Add a pinch of salt and freshly ground black pepper to taste.

Makes 1 cup.

Serve with pasta, or over baked potatoes, or spread over toasted baguette slices.

CURRIED SQUASH SOUP

from <http://allrecipes.com/Recipe-Tools/Print/Recipe.aspx?RecipeID=116633&servings=6>

"Cayenne pepper gives a little kick to bowls of this pretty golden soup, a first course that everyone seems to love. It can be made several days ahead to fit a busy schedule, then heated up whenever needed."

INGREDIENTS:

1 3/4 pounds butternut squash	1/8 teaspoon cayenne pepper
1 large onion, chopped	5 cups chicken broth
2 garlic cloves, minced	1 bay leaf
2 tablespoons vegetable oil	CILANTO CREAM TOPPING:
1 tablespoon all-purpose flour	1/2 cup sour cream
1 teaspoon salt	1/4 cup whipping cream
1 teaspoon curry powder	1/4 cup minced fresh cilantro or parsley

DIRECTIONS:

- 1.** Cut squash in half lengthwise; discard seeds. Place squash cut side down in a greased or foil-lined baking pan. Bake, uncovered, at 400 degrees F for 40-50 minutes or until tender. When cool enough to handle, scoop out pulp; set aside.
- 2.** In a large saucepan, saute onion and garlic in oil until tender. Add the flour, salt, curry powder and cayenne until blended. Stir in broth. Add bay leaf. Bring to a boil; cook and stir for 2 minutes or until thickened. Reduce heat; simmer, uncovered, for 20 minutes. Discard bay leaf. Cool to room temperature.
- 3.** In a blender or food processor, place half of the broth mixture and squash; cover and process until smooth. Repeat with remaining broth mixture and squash. Return to the saucepan; heat through. Combine the topping ingredients; place a dollop on each serving.

Upcoming Events

Saturday, September 12: Community Gardens Fundraiser-Harvest Party

featuring multiple bands including STRING SYNDICATE and DJ BRANDON, special guests to be announced at the Brick Alley, 325 St. Clair St., Info: 875-2559. (\$5 Cover plus donations appreciated).

Thursday, September 17, 7-9pm, Franklin County Cooperative Extension, Climate Change Café, Join the Frankfort Climate Action Network (www.FrankfortClimateAction.net)

for conversation, refreshments, and a chance to learn

more about Lighten Up, Frankfort!, a simple program to save money and energy and reduce household greenhouse gas emissions. For more information or to register, contact Tona Barkley, 502-320-3275, lightenupfrankfort@gmail.com

What we expect to have at Market this Week

(A note about our list of expected products. I try to give you a sense of what there will be at market, but take it as a guide rather than a definitive list. We tend to have a wider range of vendors and products on Saturday so you may not see some of the things listed at market on a Tuesday or Thursday. If a product is only available on Tuesday or Thursday, I'll try to let you know.)

All-Natural Beef

Chicken

Italian Sausage

Breads, Cakes, Cookies, Muffins

Naturally Leavened Hearth Breads (Whole Wheat, Country Wheat, Walnut Currant . . .)

Chutneys

Farm Fresh Eggs

Beer Cheese

Pimento Cheese

Fresh Chevre (Tuesdays and Thursdays only)

Fresh Feta (Tuesdays and Thursdays only)

Honey

Jams and Jellies

Salsas

Handmade Soaps

Goats Milk Soaps

Apples

Arugula

Cantaloupe

Corn, Sweet

Corn, Ornamental

Cucumbers

Eggplant

Garlic

Green Beans (Roma, Tenderette . . .)

Fresh Herbs (lots of beautiful basil)

Kale

Lettuce (Summer Crisp, Romaine)

Lettuce Mix

Okra

Onions

Peppers (Bell, Sweet Banana, Habanero, Jalapenos, Chile, Ancho . . .)

Potatoes

Pumpkins

Salad Mix

Summer Squash (many shapes and colors)

Swiss Chard

Onions

Sweet Potatoes

Tomatoes (Red, Yellow, Green)

Watermelon

Winter Squash (Cushaws, Spaghetti Squash, Butternut Squash)

Zuchinni

Cut Flowers

Vegetable and Flower Plants

Mums

The Franklin County Farmers Market is open Tuesdays, Thursdays, and Saturdays, 7am till sell out, at KY River View Park. Now welcoming EBT and Debit Cards.